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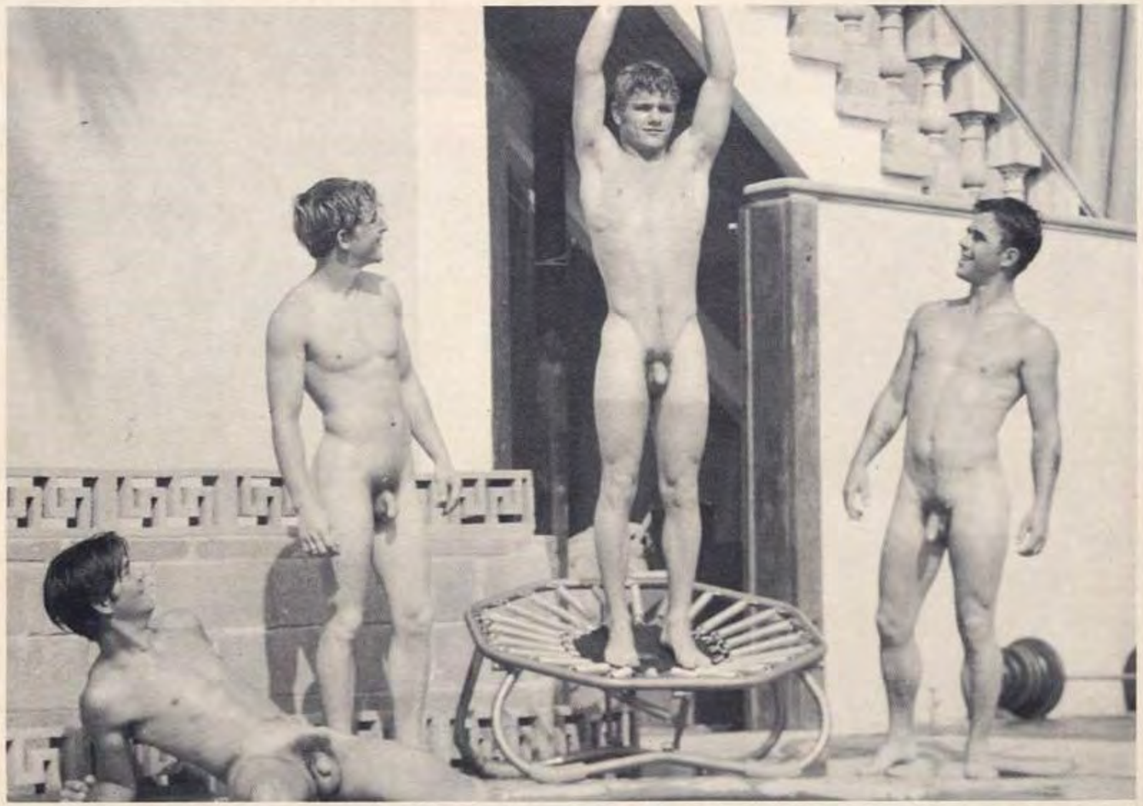


SUN TREK

EDITORIAL

What is the "SUN TREK"?

It's mostly a matter of your own subjective interpretation, but it also has a universal meaning. The Male Spirit is involved with DOING and with BEING — and these two elements are invariably concerned with physical activity. In this issue of SUN TREK, we have depicted two groups of healthy young men — not health faddists, but men caught up in the spirit of exercise and competition.

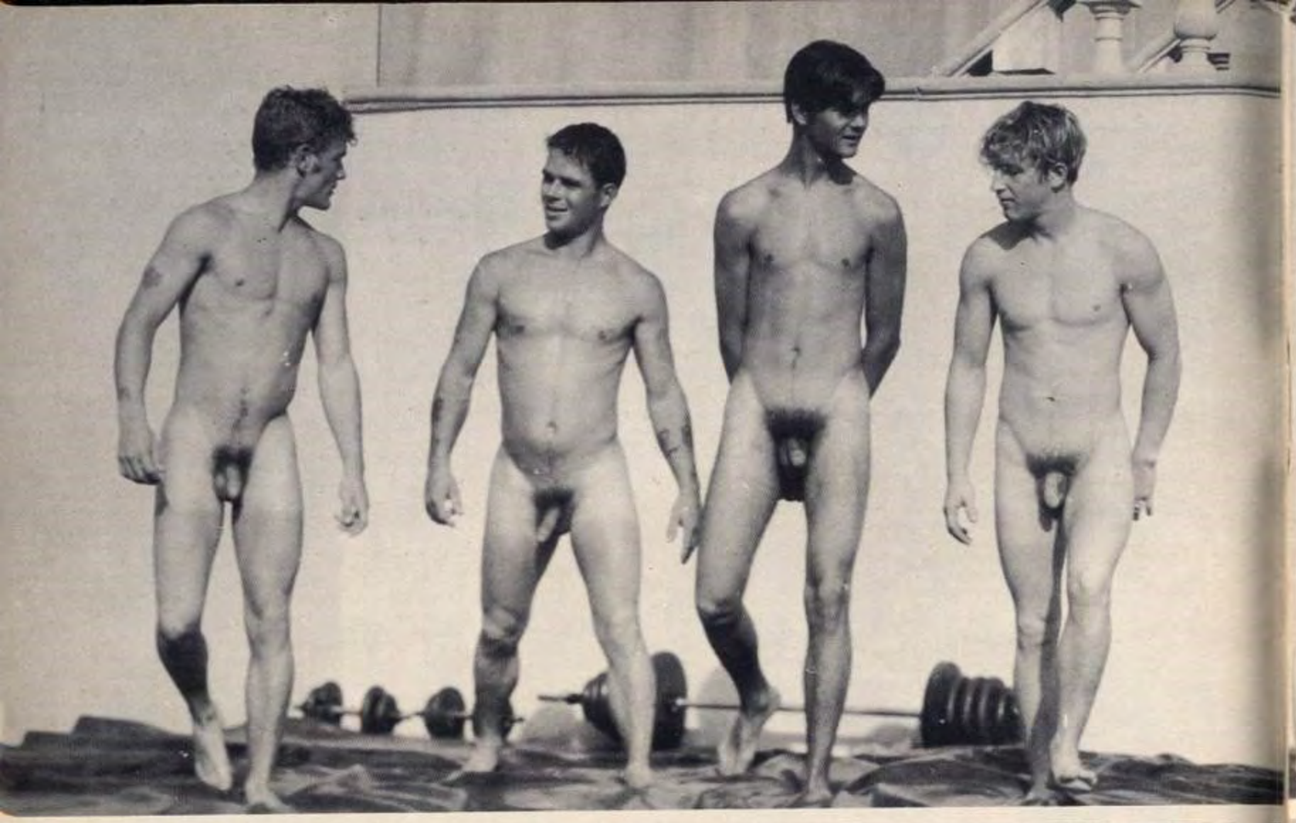
These healthy, active young men are shown in various forms of physical activity, both in groups and alone. They are caught up in the spirit of doing something physical — activity that tests and strengthens the muscles of the body.

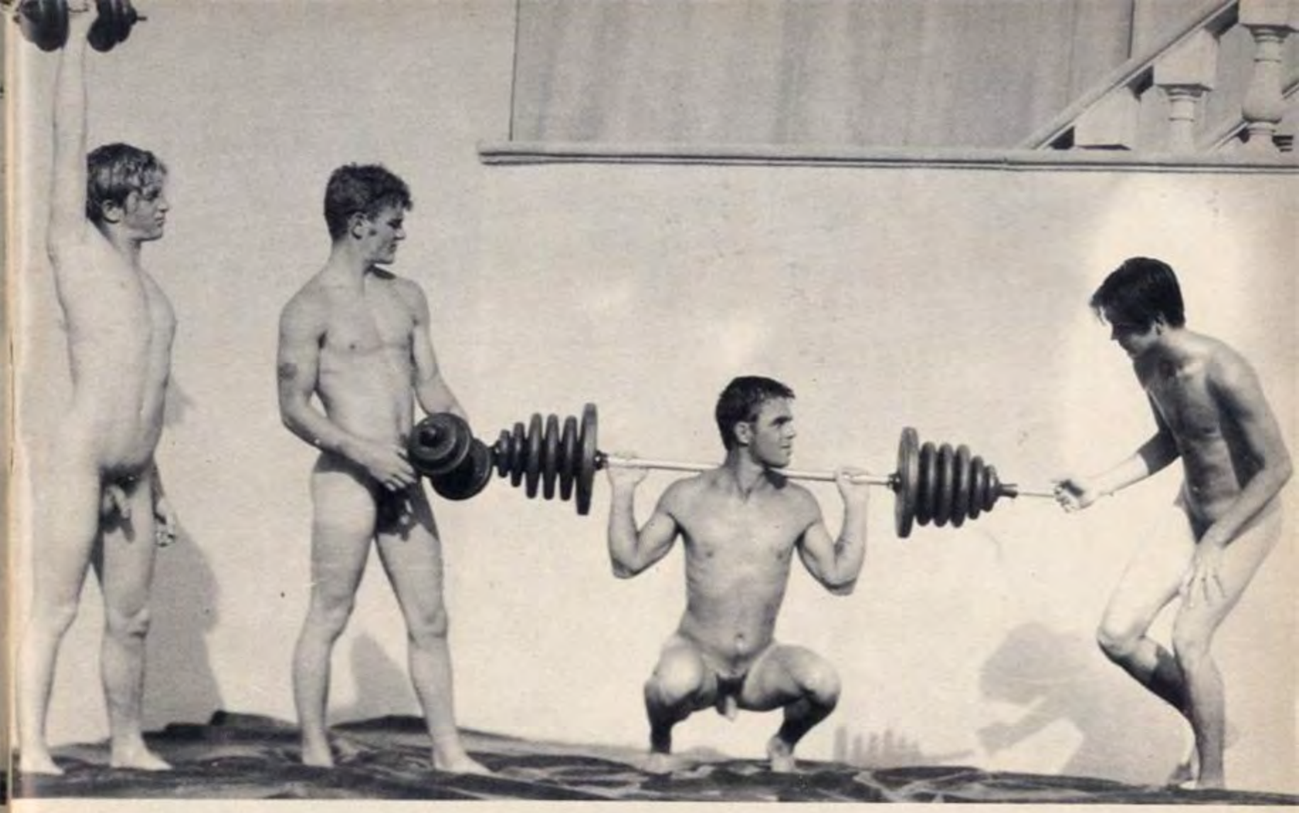
It is this spirit — the spirit of the mind as well as the body — which we are fostering here. And we hope that in this issue of SUN TREK we have made our point.

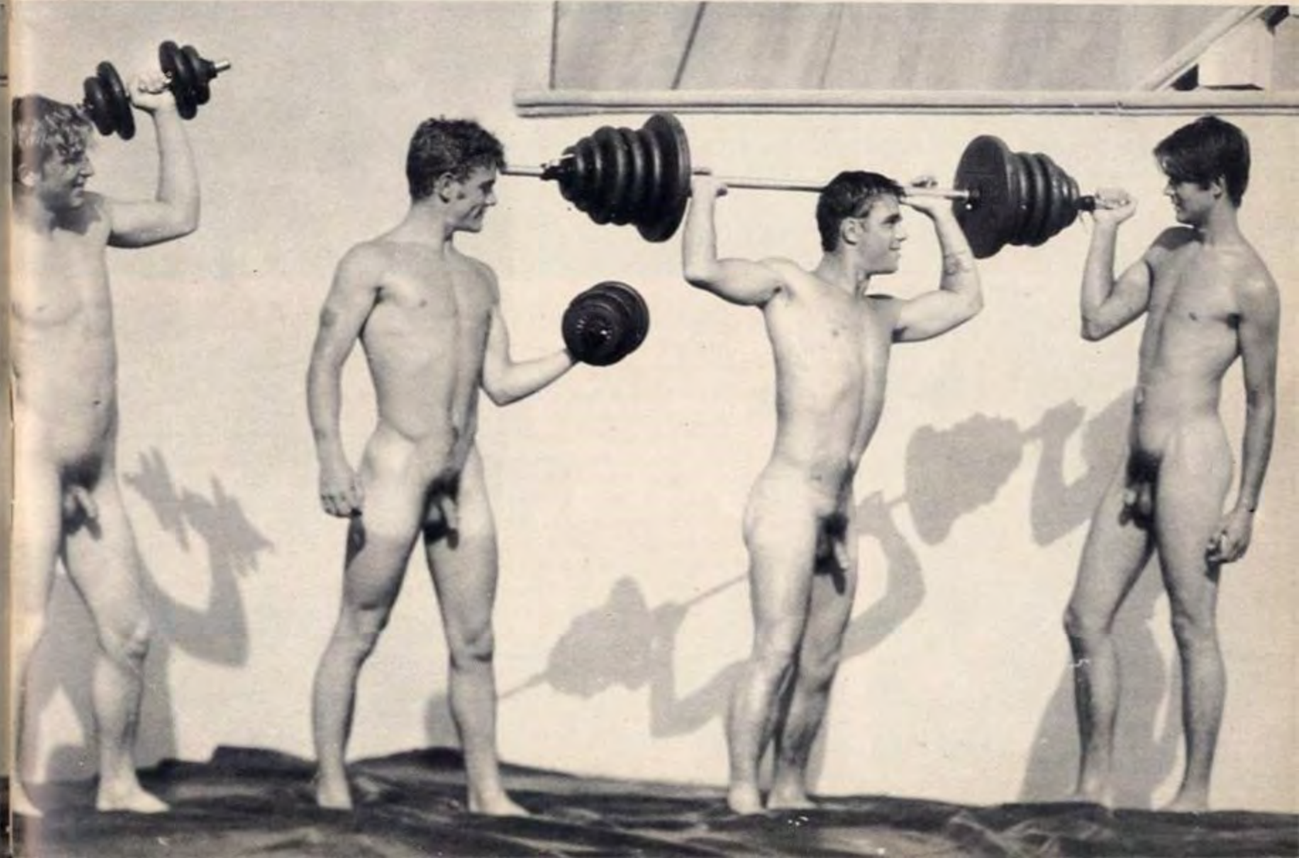
RETREAT IN THE DESERT

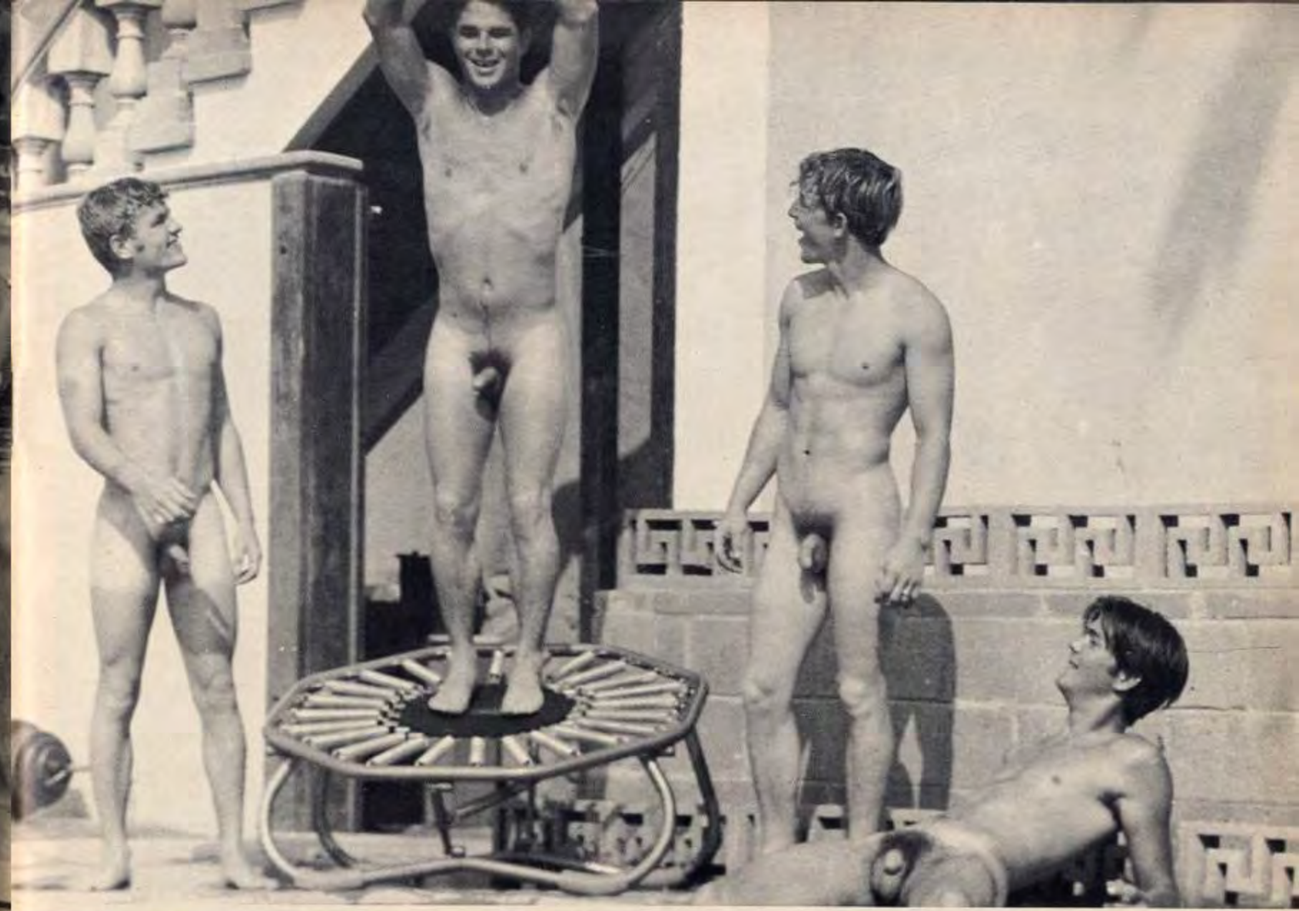
Weightlifting as we know it today is a comparatively recent innovation in America, but it is one of the most ancient of physical activities. Working out with weights, and other forms of strenuous physical activity, can be traced back to the ancient Spartans during the heyday of the Grecian Empire. These robust Greeks placed physical fitness, strength and endurance above all other qualities — a philosophy that was valid only as long as they ruled the civilized world.

American style weightlifting got its start primarily in Germany, and to a lesser degree in other Middle European countries, during the 19th Century. During this









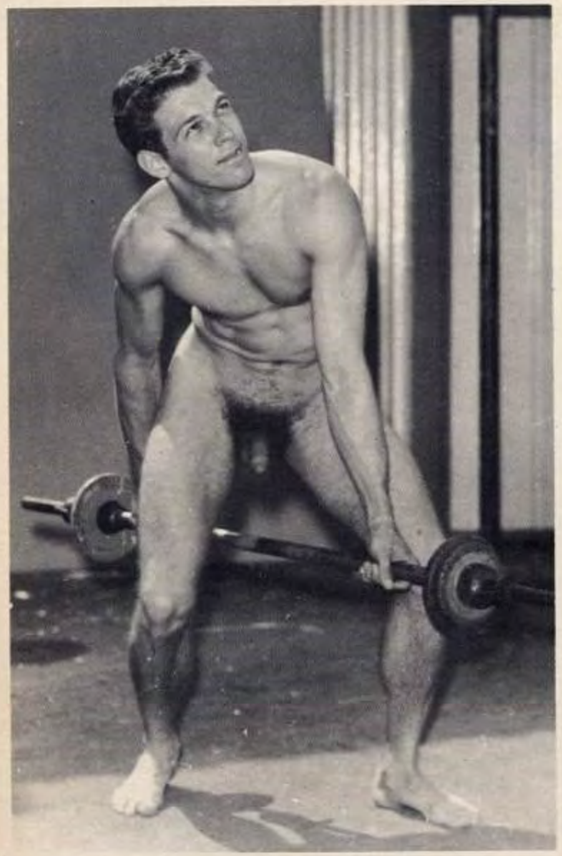
Three private acres and a weekend of sun promote a fun-filled festival of physical fitness

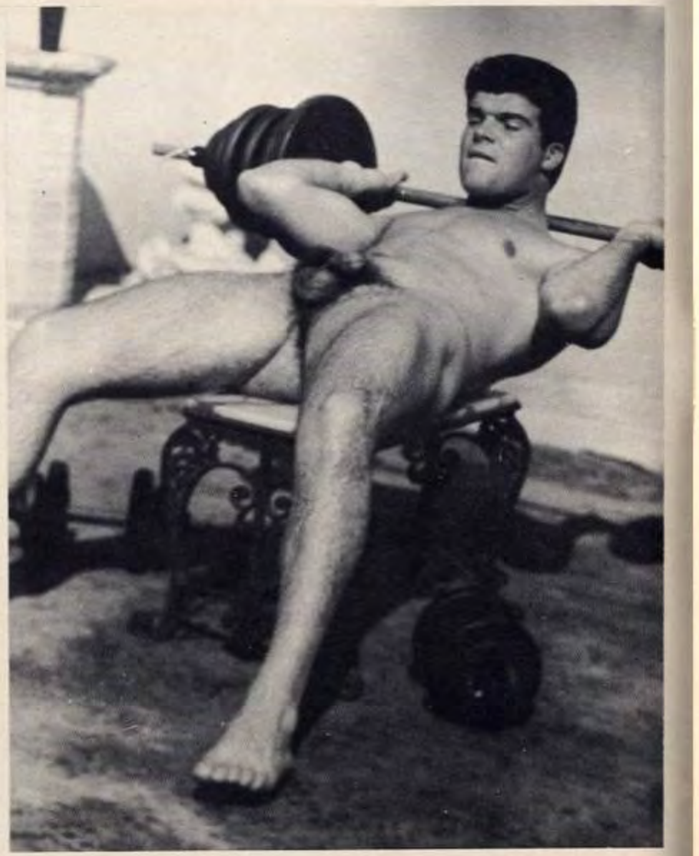
period professional strongmen performed spectacular stunts in carnivals and on vaudeville stages.

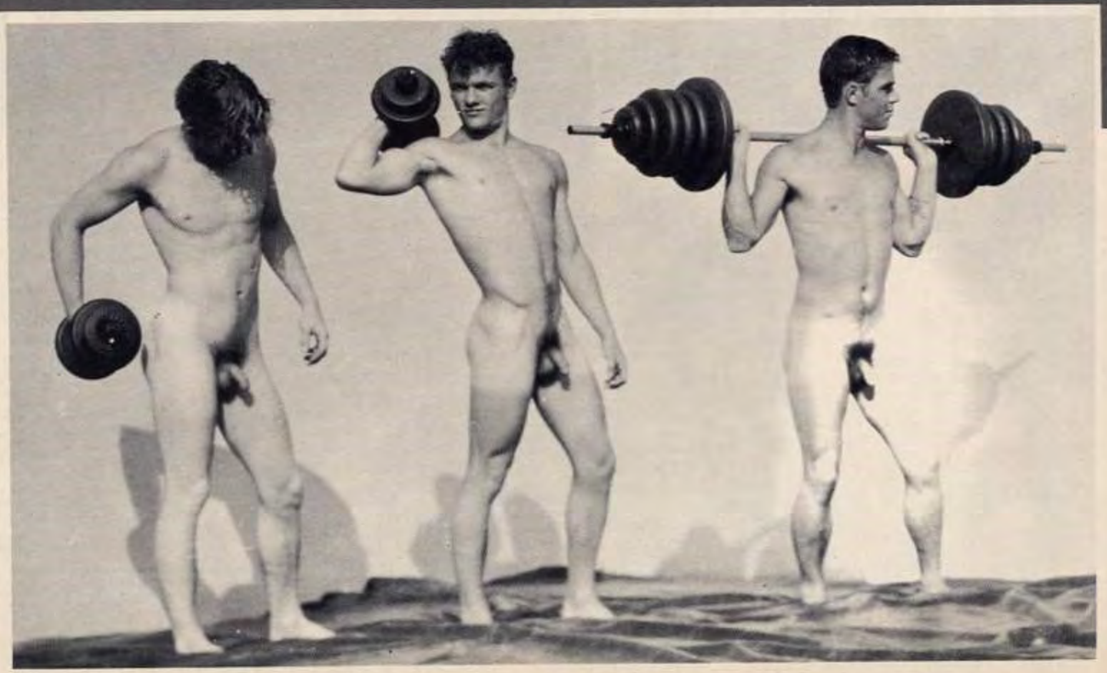
The weights lifted in these early days of the sport were solid and clumsy, but over the years weights became more sophisticated in concept. A man had to be a tower of strength in those days when weights were not adjustable, so the little man—even if exceptionally strong for his size—was excluded from competition. Today, weightlifting as a sport is much more competitive and sophisticated. It involves much more than just sheer brute strength — leverage, skill, training and practice are also important factors.

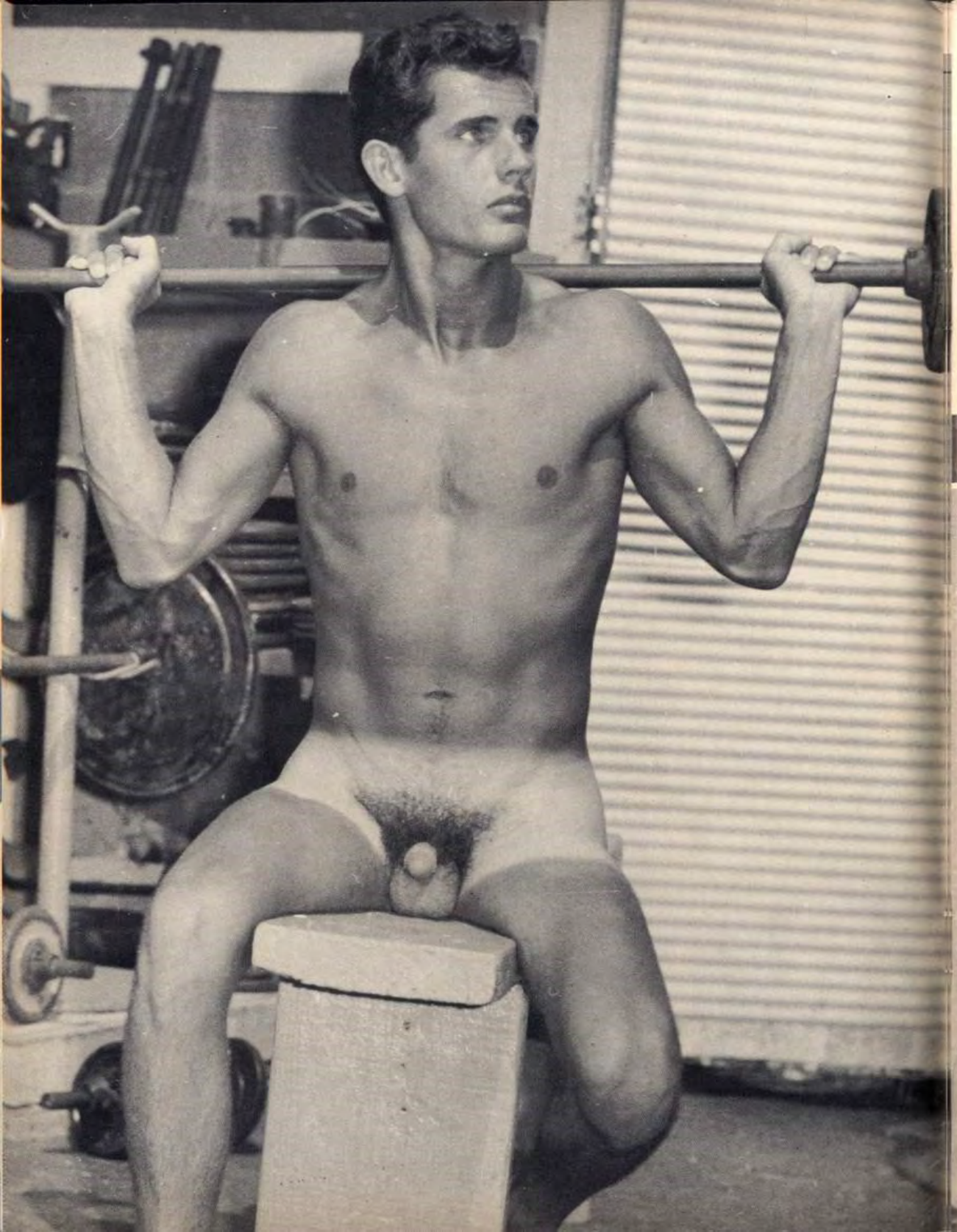
Our five young heroes, depicted here on these pages, were all confirmed weightlifting addicts even BEFORE they started out on their weekend together. In fact, two of them Rick and Harry, had competed in several amateur weightlifting contests and won several prizes. On the basis of this experience, they became the unofficial leaders of the weekend health expedition.

The setting was three beautiful acres on the outskirts of Palm Springs, California — a resort not noted as a nudist spa, but these private facilities were more than adequate for the weekend. The five were also veteran nudists, having made that scene at nudist





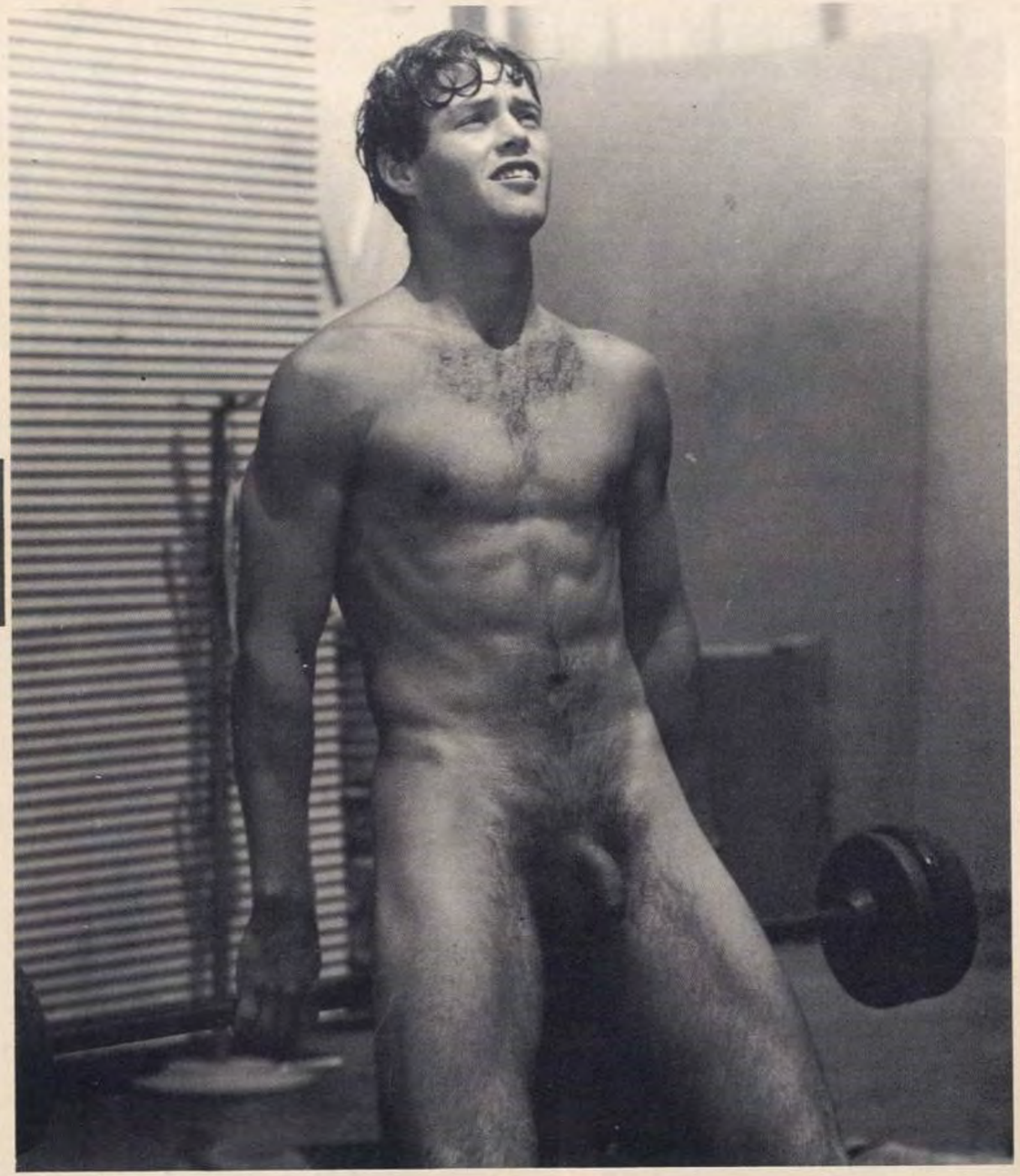




parks throughout Southern and Northern California.

As soon as they had leaped from the car, and in quick order shed their clothing and all other inhibiting factors, they took to the exercise equipment like ducks to water. Rick immediately took up a position as group leader and teacher, and quickly explained the weightlifting system of progression.

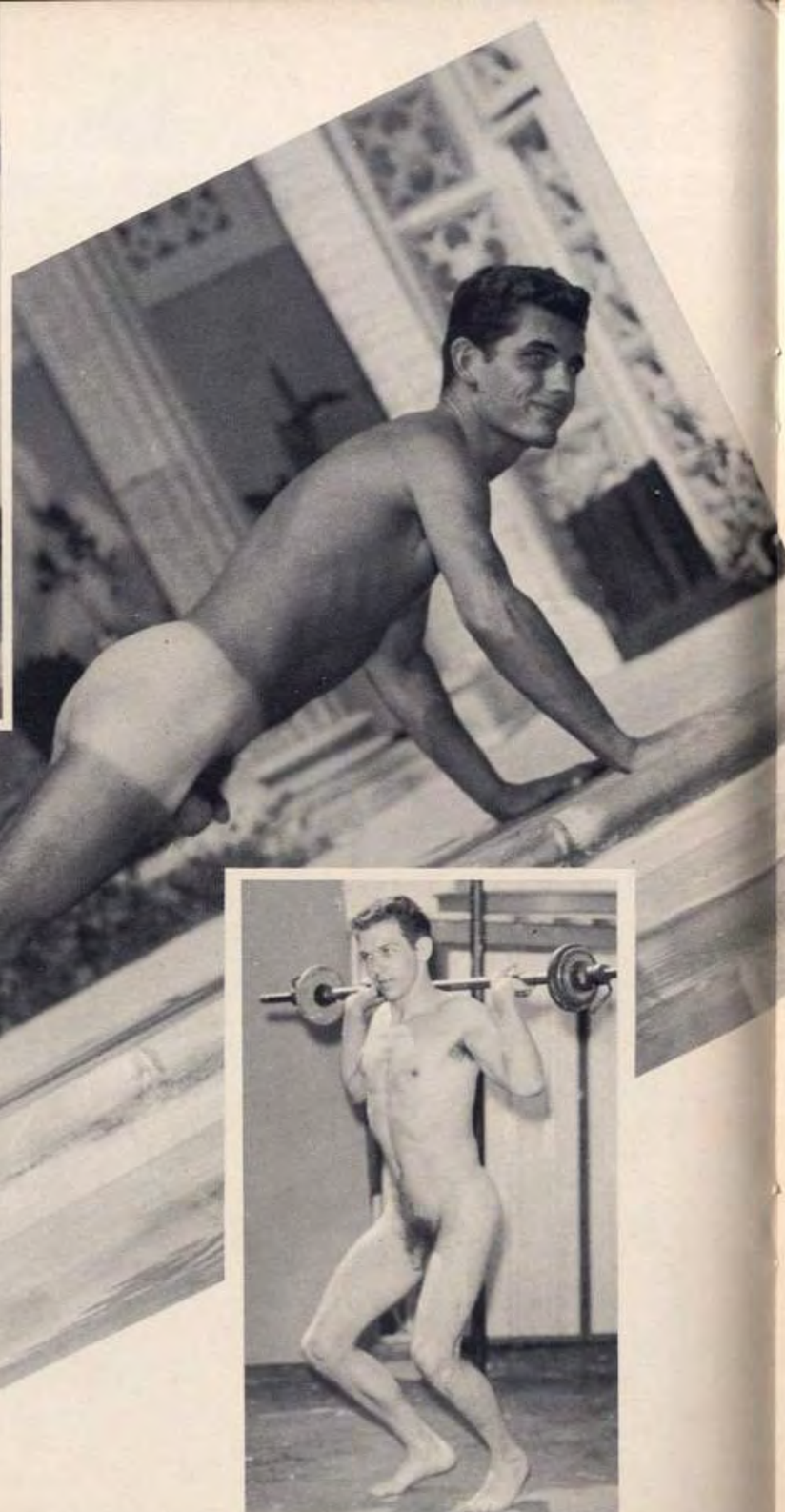
It is a system, he explained, in which the muscles are trained to do more and more work gradually. The first improvement a newcomer to weightlifting will notice, Rick said, is an increase of strength. However, patience is re-

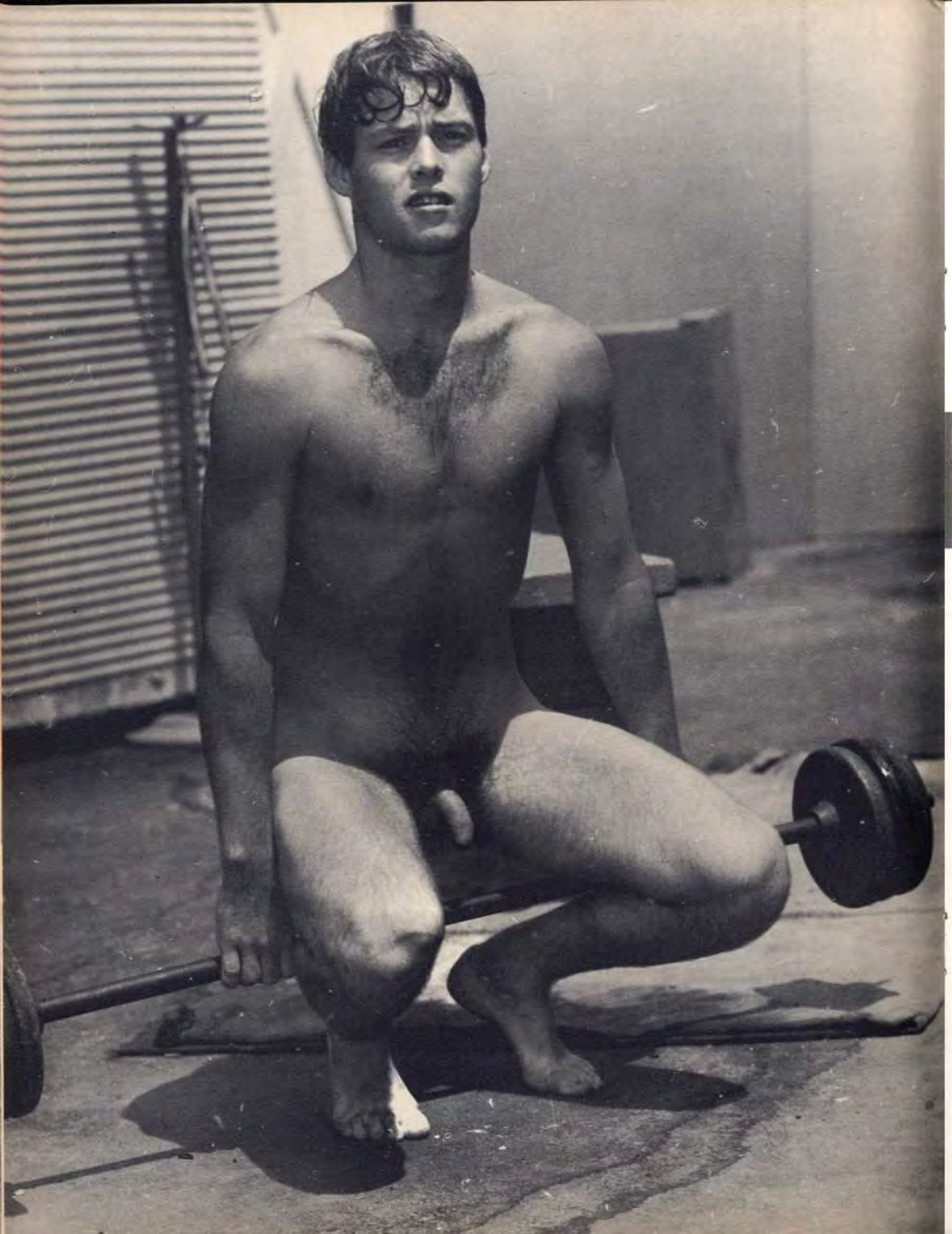


quired when it comes to development of muscle or improvement of body proportions. In other words, he cautioned, don't expect to walk out of here muscle-bound if you came in a little flabby.

Rick then turned to the weights and demonstrated the various exercises that constitute an effective routine. His system included such exercises as the warm-up, curl, press, rowing, squat, pullover, dead lift, press on bench and sit-up. Then the other boys took their turns, one by one, with veteran weightlifter Harry offering words of advice and helpful suggestions. Two of the boys had not worked out with weights for some time, and in just a few minutes some of their long-dormant muscles screamed (or seemed to) at the invasion of their privacy.

The strenuous workout was followed by a group swim in the pool, then an hour or so of just lying in the sun, relaxing and trading quips about how they were going to walk out of there as muscle-bound heroes.





Weightlifting and swimming were not the weekend's only exercises — far from it. After lunch, the boys went inside to the wrestling mats and engaged in a little hand-to-hand combat. Some of the guys even squared off in some friendly boxing, and the weekend's only casualty in this sport was an accidental bloody nose — suffered by, of all people, weightlifter Rick.

While on the mats, Chuck suggested they do some pyramiding — an exercise which calls for excellent coordination and control. Their first efforts at this were a bit clumsy, and the top man — Hank — suffered a few laughable falls before the boys were able to coordinate their bodies and their muscles.

Then Bill, who had been a physical training instructor in the Marines, came up with a little suggestion of his own. Why not, he insisted, try some calisthenics? The rest of the boys were all game, but not a one suspected the regimen that Bill had in mind. He put the guys through every exercise he had ever led (and/or suffered through) while in the Marines. This included such strenuous tests of endurance as the bend and stretch, the head and shoulder curl, the knee push-up, the body bender, the prone arch, and those perennial favorites, the pushup and the situp.

By the time the boys recovered from this activity, via another relaxing swim in the pool, the weekend was over. And though it was time to head home and return to the everyday world, memories of this weekend would linger for a long, long time.

SUN TREK

4

young men devoted to nudism and physical fitness enjoy a vigorous and healthful...

WEEKEND WORKOUT

The human body contains more than 600 muscles, and overall is more than half muscle. That startling statement, coupled with the fact that muscles make possible every overt human motion, should be enough to convince even the most apathetic citizen to keep his body in trim shape.

And yet, in an era when technology and machines are fast replacing the need for man as a laborer, the human body is being neglected more than at any period in recorded history. In affluent America, more leisure time means more hours in front of the TV set, or more time watching —

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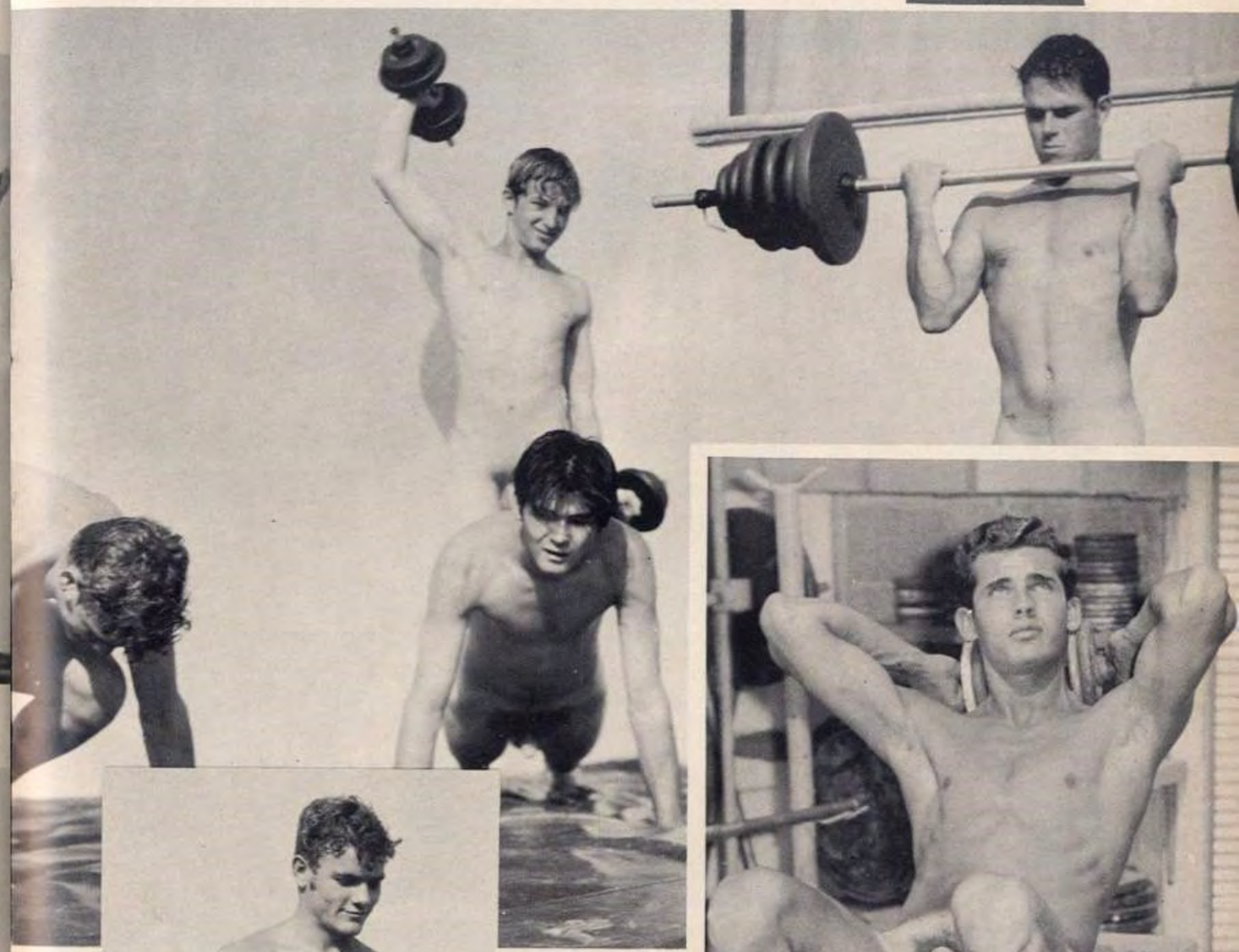
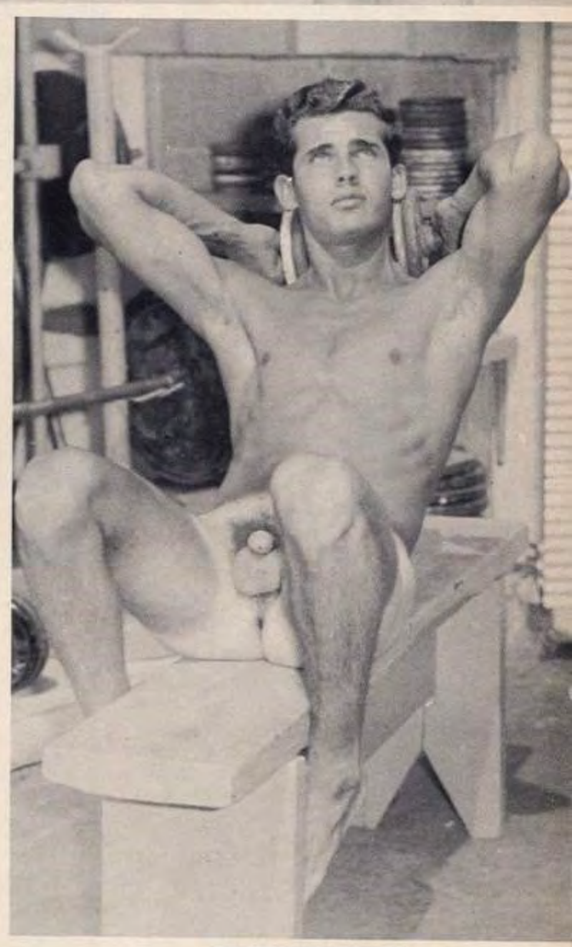




baseball, football, basketball — more time watching OTHERS, and increasingly less time DOING.

The "flabby American" has become a tourist symbol to people all over the world. The flabby American, with cameras dangling from his neck and his stomach bulging over his belt. It's an image that has been blown out of proportion, but it still contains enough truth to make trim and fit Americans grimace at their overweight counterparts.

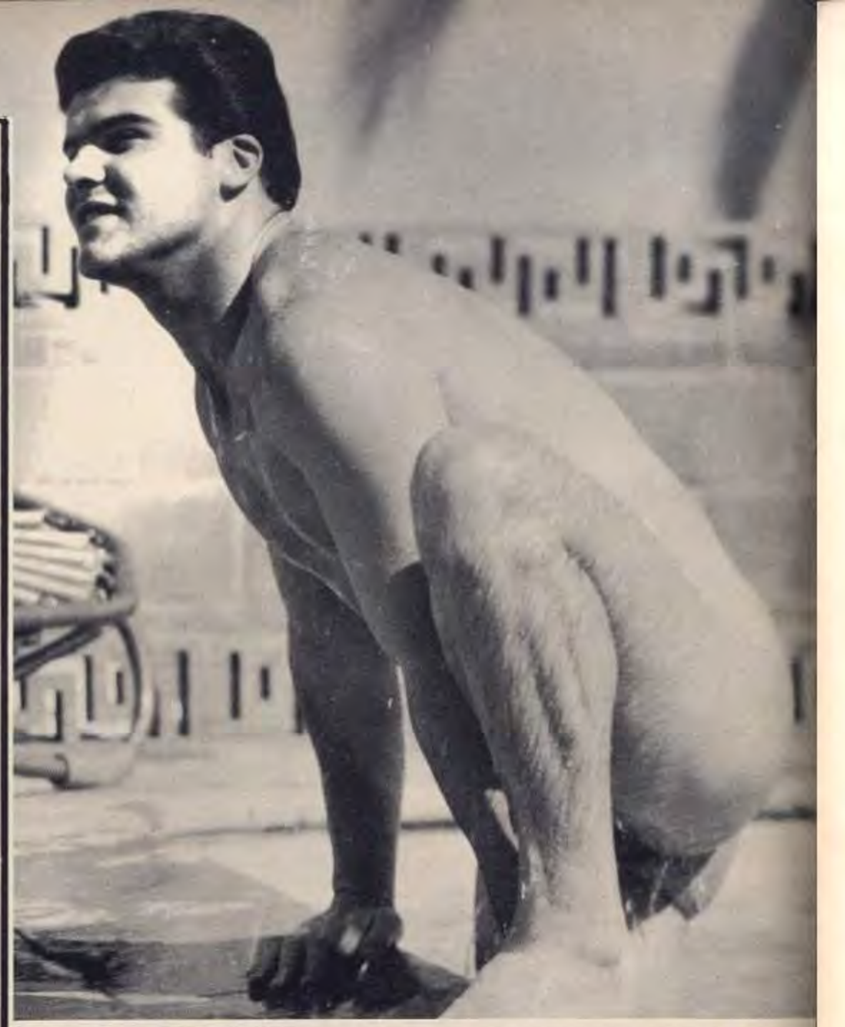
Certainly not ALL Americans are overweight and suffering from atrophied muscles. Four notable exceptions are Dave, Sam, Chet and Byron — young men in the peak of physical condition who use their leisure time to attain and maintain that condition.

One day last summer, the quartet — all nudist enthusiasts — decided to take up a friend on his offer to spend the weekend at his plush hillside home. The home had everything — pool, weights, horizontal bars, complete exercise room, etc., etc., plus plenty of private, sunny areas for sunbathing.

Besides being devotees of the nudist philosophy and way of life, the four are also dedicated to keeping their bodies fit and trim. They are well aware that muscles are meant to be used, and that when they are not used enough, they simply deteriorate.

The nation's need for a regimented program of physical fitness became so acute in the affluent Sixties that the President of the United States in 1963 established the President's Council on Physical Fitness. The Council counted among its members prominent athletes and coaches, doctors, physical therapists and others concerned with the growing American waistline — a phenomenon which coincided with growing leisure time.

The most obvious effect of



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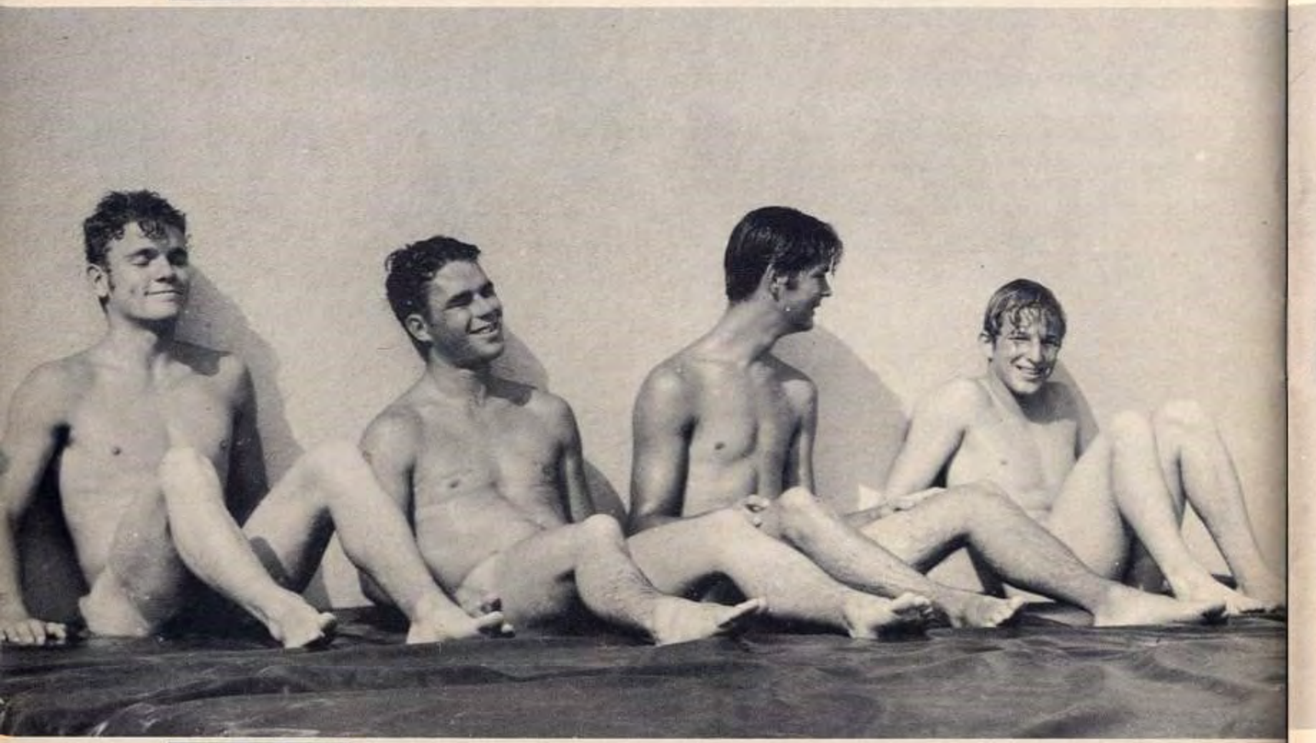
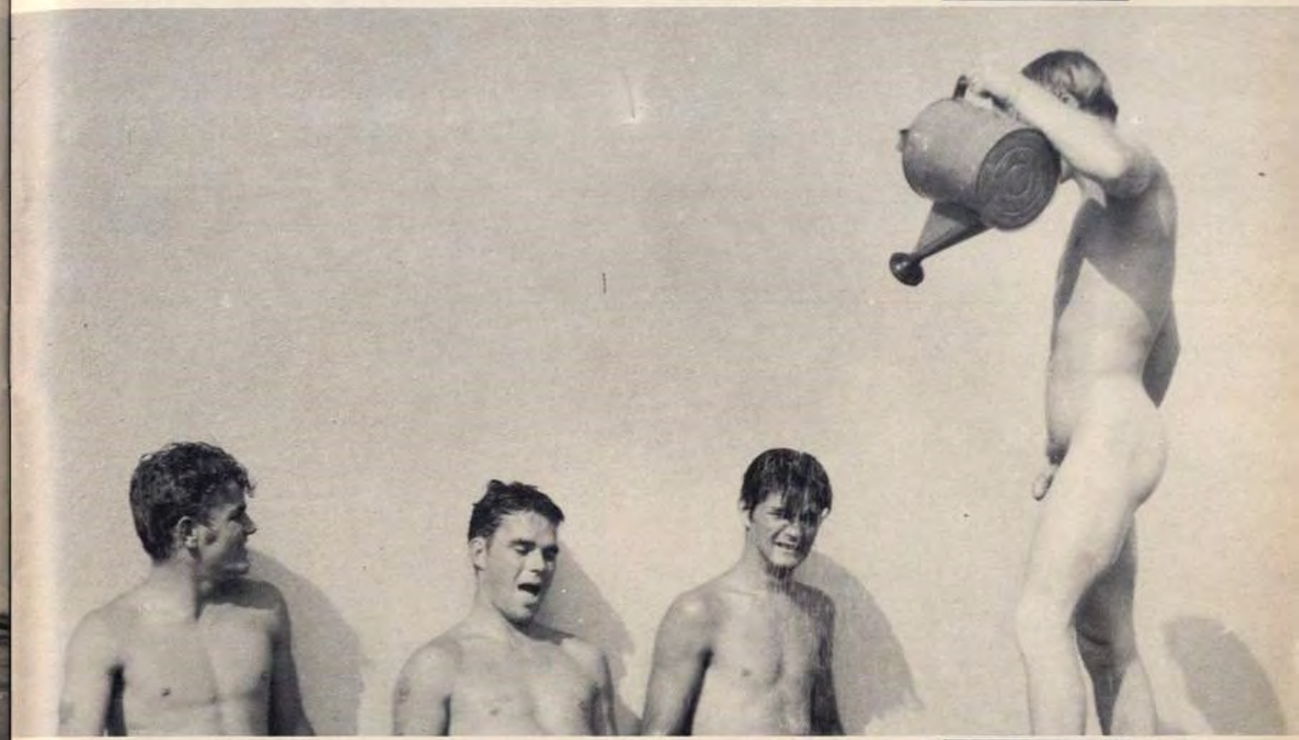
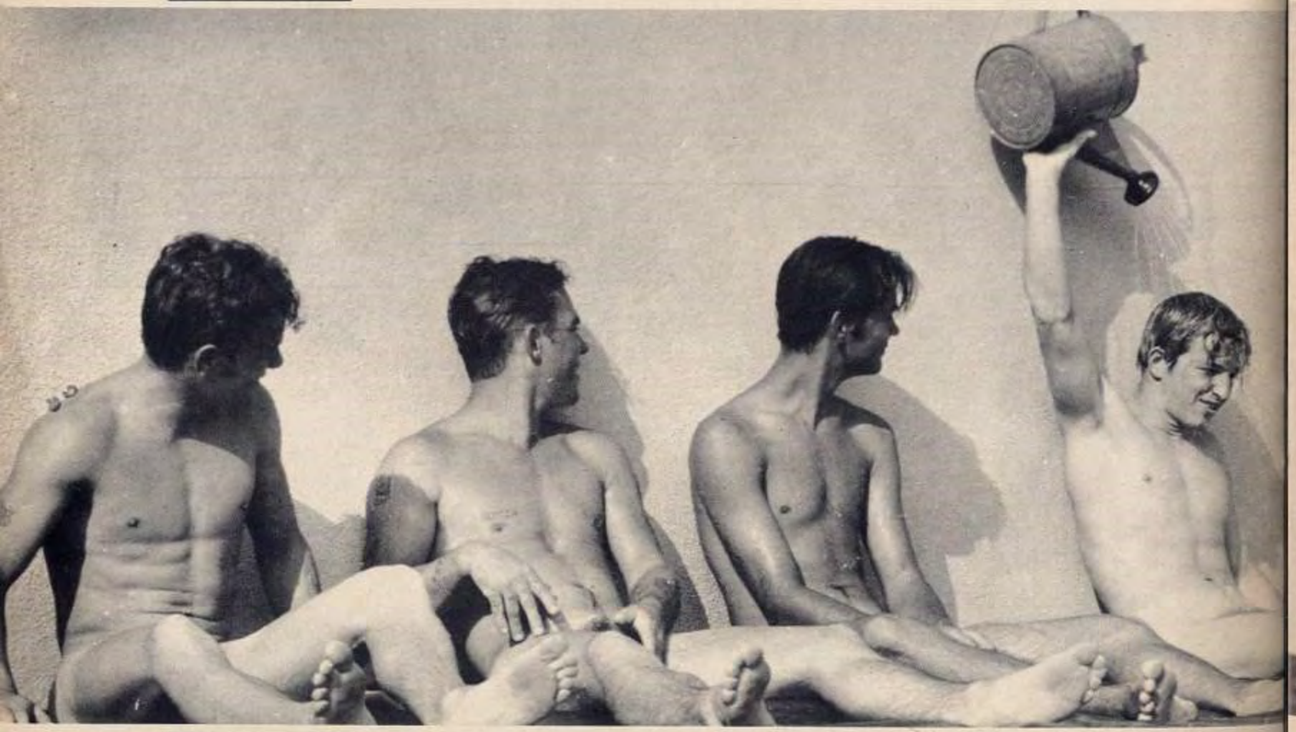
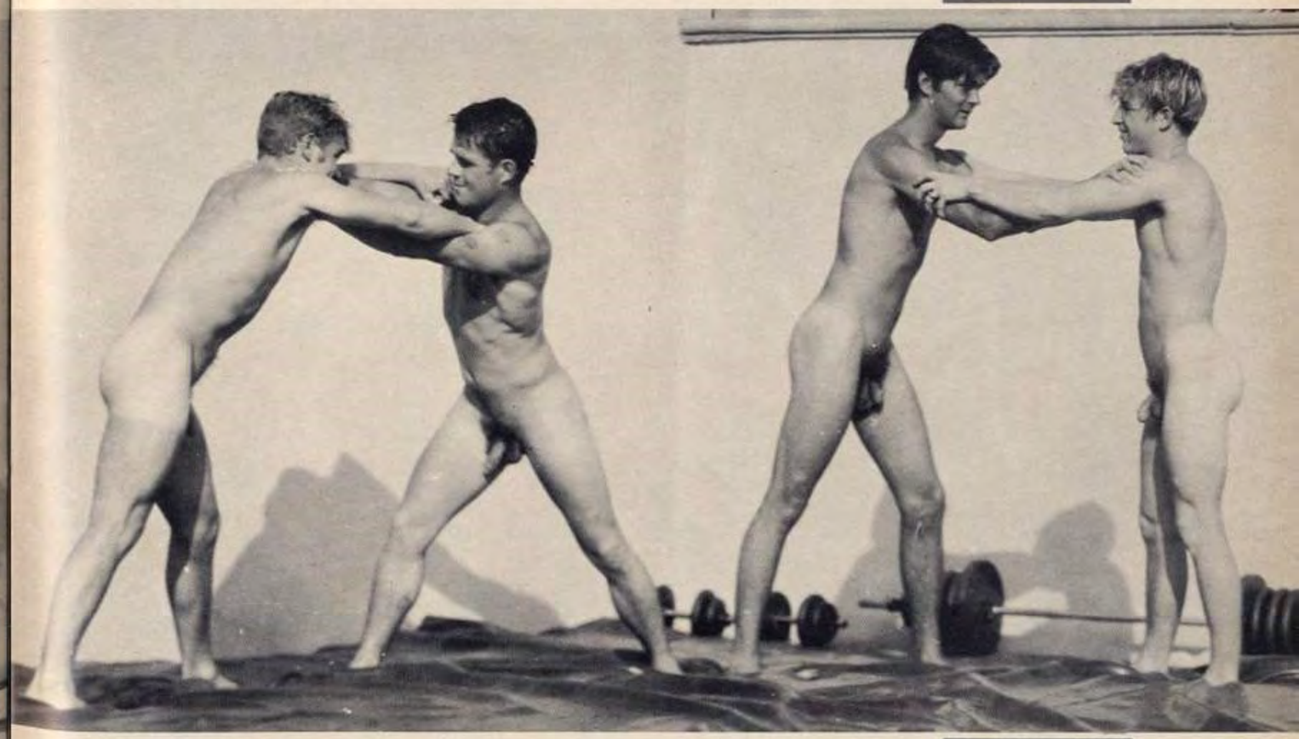
regular exercise is the firming of flabby muscles, but there are other less obvious — but more important — results. Research has indicated that exercise produces beneficial changes in the functioning of internal organs, especially the heart, lungs and circulatory system. The heart beat becomes stronger and steadier, while breathing becomes deeper and circulation improves.









A systematic conditioning program produces many benefits, most important of which are these:

- Increased strength, endurance and coordination;
- Increased joint flexibility;
- Reduction of minor aches, pains, stiffness and soreness;
- Correction of correctable posture defects;
- Improvement in general appearance;
- Improved ability to relax and to voluntarily reduce tension; and
- Reduction of chronic fatigue.

The boys were well aware of these facts, having made an academic — as well as physical — study of exercise and fitness. Dave spent many hours working out with dumbbells, gradually increasing the weight until his wrists ached. He then moved to the barbells, again gradually increasing the weight with the system lauded by experts.

Sam found his best workout on the parallel bars, but for breaks he worked out with the weights. Byron is a swimming enthusiast, so he spent most of his time hopping in and out of the water. By the time the weekend was over, through diligent and conscientious practice, he had managed to double the number of laps he had ever swam before. He also found diversion with the weights.

Chet had always been a top athlete, and consequently was probably in better shape than the others — which is not intended to disparage the tip-top condition of his friends. A star basketball player while in college, Chet spent several hours just shooting baskets by himself, but he also put

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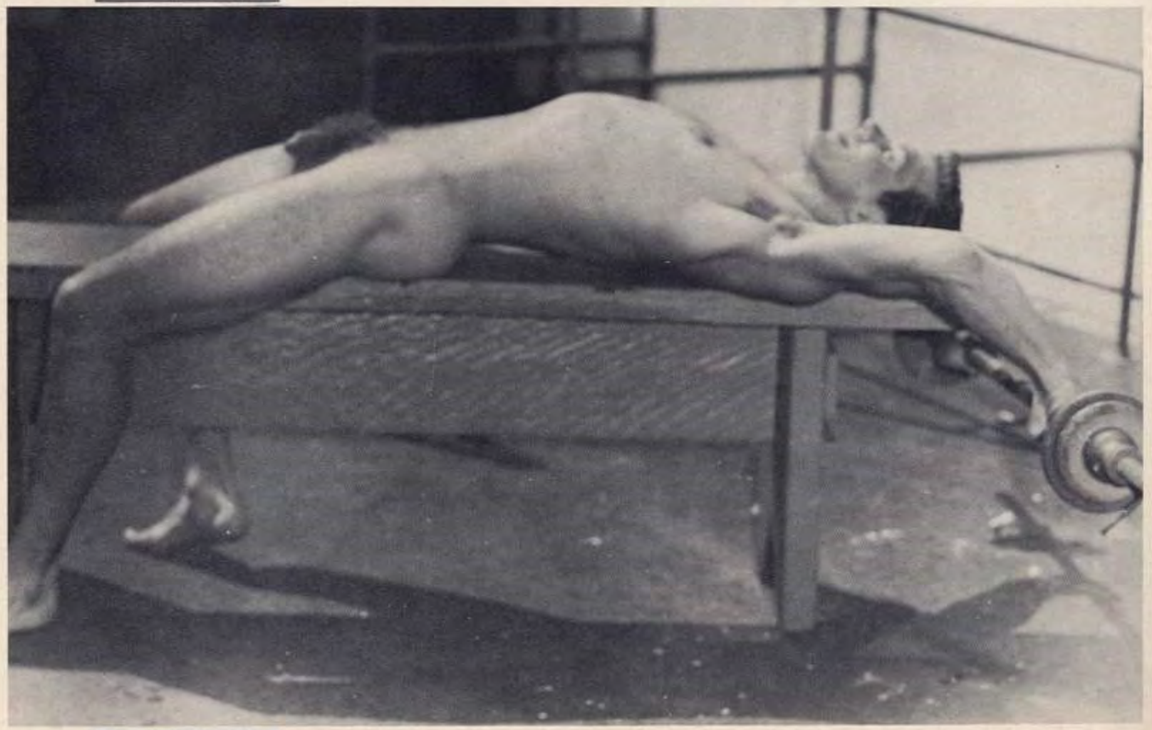
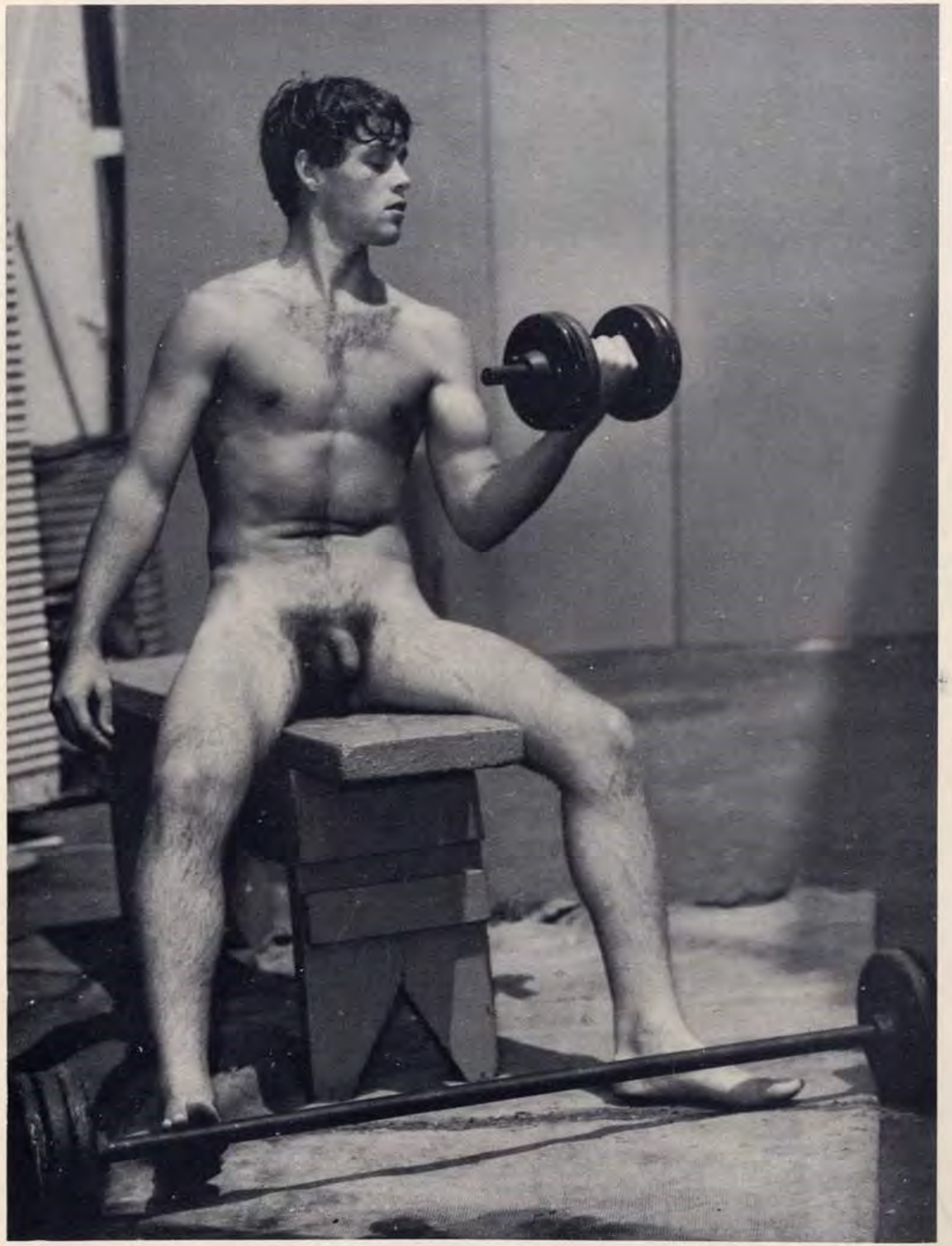


in many an hour with the weights.

When the Sunday afternoon sun finally sunk into the horizon, signaling that it was time to head for home, the boys unanimously felt an exhilirating sensation. They were tired, to be sure, but it was the most vigorous workout they had enjoyed in weeks.

And in true Male Spirit, they were already making plans for a return trip during the drive home.

SUN TREK



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